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Embracing The Fairy Realm

Shannon Svensson says that if you want to befriend the fairies, let your imagination, intuition, and good manners guide you. They love shiny things and brilliant shows of color and are attracted to beautiful environments.

An Interview With Shannon Marie Svensson

By Judith Campanaro

Shannon Marie Svensson is a reiki master, teacher, healer, artist and human liaison to the fairy realm. Her studio in Snohomish County consists of a beautiful fairy garden and a yurt which houses her healing center. The Shannon Method, developed by Shannon Marie Svensson, is a healing ceremony specifically geared to the needs of her clients. While sessions may differ in their approach, the comfort and feeling of safety present in the yurt never waivers. Svensson gives credit

to the fairy realm and is a firm believer that the fae kingdom is real and that awareness of their presence brings all sorts of nurturing.

Judith: What is a fairy? How do we know when they are around us?

Shannon: Fairies are light bodied entities of the elemental worlds of nature. We live in a visible realm of light from red to violet which is our rainbow. You can see the process on the burner on the stove as it changes elementally and goes from red to purple. At the end of purple there is ultraviolet. That's what the

bees see. The flowers have little ultraviolet landing pads on every petal. Most humans don't see that, but when you can see that light there is clarity around it, a certain brightness that sings an invisible song.

Judith: How do we become aware?

Shannon: You've got to be in your heart instead of your head. It's all part of being authentic. Everyone has an energy around them. If your energy harmonizes with what the fairies are and who they can be then you are a living portal of their existence on this plane. It's a matter of living in full color of ourselves. It doesn't matter if you wear anything sparkly or not. They'll know you because your heart song is the shiniest bling there is. The heart bling is the real shine. But of course the shiny stuff helps. Fairies definitely like shiny stuff because it's a play of colors and rainbows. It's kind of like the junk food of a color high. And also how serious can you be covered in those sparkles and flowers. It changes your persona into childlike joy.

Judith: What are some ways to befriend the fairies?

Shannon: There are many among the fae who are interested and accepting of human interaction and will readily communicate with people who can speak the language of the heart. If you wish to begin befriendings, basically all you have to do is remember that fairies are people too. Let your imagination, intuition and good manners guide you. Be polite, talk to them, not about them. Help them in their tasks of caring for the earth, plants and creatures. Fairies adore shiny things and brilliant shows of color. They are attracted and thrive in environments rich in beauty.

To their eyes the most dazzling thing of all is the love light of your heart. Show it to them. Give a little love and watch for the reply. Hug a tree, sing a song, blow a kiss to a cloud or

maybe even leave a little piece of something sweet in the secret fairy spot you know. Fairy gifts and greetings often come by way of little flashes of sparkling light, a tinkling quip of fairy music or a gift from nature.

Be on the lookout for sudden bursts of sunshine, a single spinning leaf, a feather or flower placed in your path, the occurrence of a happy uncanny coincidence and an abundance of rainbows. Just be open to it. It's like stray cats. The fairies have a network and once they know you can talk to them they will come around. When you're there in your heart you've already made the journey.

Judith: Will fairies help me with my personal issues?

Shannon: Fairies can help with love, health and money or anything else you might need. But understand the unseen things will not contact you unless you give an outside plea. When asking for money, keep in mind that money is abstract and is just a means for security or manifestation of objects later. So instead of saying I need money, the fairies understand better the essence of what you need. It's the manipulation of the picture of what you want. The art of wishing is huge and that's how the fairies play.

Ask for the essence of what you want and don't forget to add the disclaimer "or something better." If you want to attract a soulmate the fairies love love and they love to help play love. Invite that reality into your life. You've got to enhance your heart bling if you want it. Working with the fairies is like a spirit mall and once you get to that place it can be frightening. If you say it too much you'll make it real so be careful what you wish for.

Judith: What about fear and depression especially in this time of constant world crisis?

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East West Bookshop Celebrates 20 Years of Service

by Judith Campanaro

If you have been in this community for a while, you remember the opening of East West Bookshop 20 years ago. You will remember their first move a few years later and then their second move to the current location.

Each move brought more space, more books, and more goodies. East West Bookshop at 6500 Roosevelt Way in Seattle continues to be the kind of place everyone goes because you feel good there and your soul gets fed.

Judith McGinnis, manager of East West, says their goal is to be a channel of light and a place within the community where anyone can come and find their next step whether that is in creating help for themselves or finding oneness with the universe.

Says McGinnis, "We throw our doors and our arms wide open so that everyone can come in and find what they need. It's a place where people can work together spiritually and surround their spiritual beliefs in actual experience and it's a place where those in the community who teach and have something to offer can come and share what they know with others."

Judith: You are truly a gift to the community. What are the ways East West is practical and inspirational? Say someone

wants to follow their dream but they don't really know what their dream is and maybe they are lead to the bookstore.

What are the practical steps they could go through to find what they're looking for?

Susan: Obviously, we have some great books about following your life path and other books that can help a person get in touch with spirit. Sometimes our life path or dream isn't what we think it is and spirit is nudging us to take another step. We might ask someone who came into the store with that sort of need what kinds of things they're interested in and what kinds of things inspire them or spark their energy.

We might direct them to one of the many classes we have to offer and try to find something that would be appropriate for what they are looking for. Underlying all this is suggesting that they get in touch with who they are inside. We might suggest that they find a continual practice that brings them in touch with their own inborn intuition and their connection to spirit that is going to give them the guidance and the information to take the next step. We offer meditation classes and often suggest meditation as a tool for becoming still enough so that they can hear what spirit is trying to communicate to them.

Judith: So could someone walk into the store and ask for help like that?

Susan: Sometimes people ask for help that



East West Bookshop has been like a second home to many spiritual seekers in its 20-year history. After two moves to increasingly larger spaces, East West is now located at 65th and Roosevelt in Seattle.

directly but not always. Our role isn't to tell anyone anything but to help them understand something themselves. We try to tune in to people and help direct them to what it is they are asking for. We don't offer a formal service. Most people come in a browse and find what they are looking for.

Often we find it's the person themselves who ends up suggesting and knowing through our interactions what it is they need to do. We suggest certain things to them and give them choices and lots of options. Even when they ask for our suggestions, we tell them that. In the end, it has to be something that resonates with them and we give the person lots of thoughts and ideas and the space in which to

discover what is right for them.

Judith: How did East West Bookshop get started?

Susan: The store was started by members of the group of the Ananda Center. One of the members of the group was at a turning point in her career and she was meditating on what her next step was. What came into her meditation was East West Bookshop. At that time there was an East West Bookshop (and still is) in California that was being operated by members of Ananda down there. She began researching it and another friend and myself joined her in the venture.

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Ten Ways To Deal With Today's Economic Situation

It is pretty difficult to be untouched by the economic situation in the world today. There are worldwide challenges being faced by just about every business, every person, every industry. It is easy to get swept away by all of this and end up feeling pretty scared and depressed if we allow it to do so.

You or someone you know might have

already lost your job or you might be afraid this is going to happen to you. Without minimizing the reality of people in this situation, I would like to offer 10 ideas that can be considered by everyone right now. Perhaps doing some or all of this can reduce stress and fear, allowing people to be in a more balanced, prosperous and hopeful state of mind.

1. **Don't believe everything you are being told, especially by the mainstream media.** Panic sells better than calm. Fear attracts better than security. Why do people slow down to look at an accident by the side of the road? Human nature seems to be attracted to tragedy and drama so some of the media adds extra hype to get people's attention. "The sky is falling." Watch or listen to the news with your mind. Be discerning. Check out the facts. Think don't just feel.

2. **When you hear that seven to eight percent of Americans are out of work, remember that 92-93% of us are working.** This does not negate the challenges faced by those who have lost their jobs. It does put it into perspective. Remember what we focus on expands. If you are working, be grateful for that rather than allowing other people's unemployment to scare you.

3. **Continue to give. This is not the time to cut back on your tithing or charitable contributions.** Many people have stopped giving even though they are not affected

by the slower economy. This only creates more hardship for those who need our help. Give to food banks and other nonprofits that are helping those in need.

4. **Keep your money circulating.** Spend responsibly but do spend. This is part of what is creating our problems. People see other people out of work and then quit spending the money. The economy slows and more people lose their jobs.

5. **Think cooperation rather than competition.** There is healthy, friendly competition and then there is the cutthroat type. This is not the time for the latter since that coupled with large amounts of greed are what got us into this apparent mess. I say apparent because ultimately this is going to make the world a lot stronger and better focused. In all of your dealings, from family to work, think how you can support and help others by relating in a spirit of cooperation. Don't just ask "what's in this for me?" Ask, "what's in this for us."

6. **Focus on solutions rather than problems.** If you find yourself stewing about something, make yourself write down five possible solutions to the issue. This will get your mind out of the rut of negativity and into the one of positivity. If more people would do this, we would find solutions more quickly.

7. **Take responsibility for what is happening in your life rather than blaming others.** It is easy to say the banks caused this or the democrats or republicans. The truth is we are all in this together and it is part of our evolutionary cycle. Having the mindset of responsibility instead of blame will allow you to find answers to your problems a lot more quickly.

8. **Keep your gratitude list going.** Ad to often and read it frequently. No matter what is happening in your life or in the world, you always have things you can be grateful for. Writing those down in a gratitude list helps keep you from going down the "Ain't it awful and I'll never get out of this" hole. Be thankful for what you have and don't worry about what you don't have.

9. **Appreciate your friends and family, spend time with them, and support one**

Living The Good Life

by Krysta Gibson



another. This is not the time to isolate. Be sure to add them to your gratitude list.

10. **Think big-picture and long-term not little picture and short-term.** This is a cycle we are in and we will move out of it. We are being given an opportunity to grow and be creative in new ways at the planetary level as well as the personal one. Keeping your focus on the grand scheme of life rather than the gritty details will help you navigate through the details a lot better.

This is my column so I get to add:

11. **Remember to spend quiet time daily.** Whether you meditate, do yoga, take walks, or just sit and stare out the window, give yourself the space to be quiet daily. This allows your creative juices to flow, helps you stay focused and grounded, and will help you stay true to yourself in the midst of whatever is going on around you.

Approached properly, this can be one of the most exciting times of our lives and someday we will have great stories to tell about how we survived and thrived during the recession of 2009. Some who are hurting the worst right now will someday say that what is happening to them was the best thing that ever happened! Some are already saying it!

Krysta is publisher of New Spirit Journal and is also author of several books. Her podcasts, blogs, information on books and services are available at www.krystagibson.com.



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East West

Continued from Page 2

A little later on with the help of many friends we were able to open and we learned as we went. We had some great mentors and help from spiritual friends and members of our community and members of the larger communities. Now we have two locations, one in Seattle and one in Bothell. The Bothell store is a great resource for folks in the north end. One of the things people enjoy is that it has a more intimate atmosphere and often reminds people of our original store when it first opened 20 years ago.

For more information about East West Bookshop and the celebrations planned for their 20th year of service check out their web site at www.eastwestbookshop.com.

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Rhonda@newspiritjournal.com

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What's Love?

by Boston Carter

What is love and how do you achieve it? Love is an energy that radiates a sense of truth, peace, choice and safety. Four base levels dictate relationships: self-value, forgiveness, courage and trust.

What is fear? An energy that radiates a sense of anxiety, expectation, distrust, blame and control. Four base fears dictate reactions in relationships: unworthiness, material insecurity, abandonment and the unknown.

Your goal, as a human being, is to soothe a base fear. You likely do this through relationships because of the exchange of energy. You take energy from others in ways that soothe fear. You are an ethical person. You would never do this if you were all aware of it. Energy takes on a lover or friend out of fear is just gross, right? Don't worry. You haven't done anything that everyone else hasn't done and it isn't your fault. You've been taught to

take energy from others.

You take energy from people, not because you are selfish or needy, although that is sometimes the case, but because no one has ever told you that you do it. That it's bad manners and that it only perpetuates fear and keeps you from love.

I'll explain briefly what the four fears look like as patterns within you. Unworthiness shows up as chronic rejection. If rejection is your predominant experience, you will seek a partner who will love you no matter what. You want intense emotional connection. You go above and beyond to make that one happy so they won't reject you. Soon, they push you away because your intensity frightens them and because they have more power than is comfortable.

Material insecurity feels like betrayal. Insecurity takes on an anxious you that you want to fill with stuff. No matter how much money you get in this life, it won't be enough to stop the anxiety of

insecurity. You want what you want and when you don't get it, you feel betrayed. You seek attention and approval from others as a form of security.

An abandonment pattern feels like guilt and shame. You have great difficulty knowing how you feel. Feelings are how people know what they want. Since you don't feel, and consequently don't know what you want, you do what others want, thereby abandoning self. Guilt and shame seem the only feelings you do experience. You assume that others' unhappiness is your fault and if you just take care of everyone in the world, the world won't abandon you.

Fear of the unknown shows up as chaos. Unknown brings confusion. In your mind the way out of confusion is to know everything. Consequences of knowing a lot is giving advice without being asked and you can't appear arrogant. You assume others are ignorant and if they would just listen to you, everything would be fine. Be-

cause you judge most people this way, you tend to isolate rather than spend time with the peasants.

Rejection fear will seek a partner who will constantly validate you through emotional connection. Betrayal fear will seek a partner who will give you what you want. Abandonment fear seeks a partner who will never leave. Chaos fear seeks a partner who will agree to live separately and leave you alone, to be available at your convenience.

The four base fears sound pretty negative. Well, they're fears and that's negative, but relationships can be peaceful and loving. The amazingly wonderful part of these fear patterns is that each one brings a gift of love. If you know how to grab it. Romantically relating to another from a love position is an incredible experience that I wish on everyone.

Rejection brings the gift of

self-value through the opportunity of aloneness. Rejection is attracted to someone who wants to control you and treat you poorly. When you are ready to value self enough to not allow that, you will have love. You tend to think that if you reject what little love is offered, there won't be another opportunity. That is not true. God asks you to be willing to be alone rather than tolerate someone's mistreatment of you. Rejection will continue until you value yourself enough to say no and ask the question "what do they have to offer me." (Betrayal people, this does not mean you, self-value is love. This is a test.)

Betrayal carries a gift of forgiveness through the opportunity of understanding another's point of view. Your primary focus is getting what you want as it gives you a false sense of security. Your task is to see others' point of view when they don't grant your wish. What is their position? How does your getting what you want impact them? When you can understand their position, then you have forgiveness and that is love.

Abandonment conveys the gift of courage through the opportunity of taking a position (saying what you want). You tend to give up what you want for others. You need to listen to your body tell you how you feel so you can discern what you want and stand in the truth of it. If you body will experience anxiety when you are not in your truth. Courage to face conflict lends itself to truth and love.

Chaos (fear of the unknown) delivers a gift of trust through the opportunity of confusion. Allow yourself to say "I don't know" and trust God to know it for you. You will experience life freedom and love.

Each of these gifts obtained lessens fear. Love automatically flows into the spaces left behind by fear and brings you peace. You will have a loving relationship rather than a fearful one. You deserve that.

Boston Carter is a personality intuitive, medical intuitive and karma specialist. She can be reached through her website NowAgeKnowledge.com and by phone at (206) 799-6153.

Become Happier in 2009 (Click your amygdala)

by Rev. Norma Menzies

The New Year always presents us with the opportunity to make resolutions to live happier, better lives. It is like a blackboard that has been erased and is clean and fresh and new for new thoughts and actions.

If you are like me and so many others, the resolutions and intentions made in January of the New Year often do not come to fruition. As the year progresses the plans made in January are often forgotten. The intentions and resolutions are distant memories.

I have a theory that if you become happier in your daily life, your desires for good manifest much faster. Becoming happier is not as easy as it might sound. For many people their thinking habits are so entrenched in negativity that happiness sounds like a distant bell ringing in some far off place.

This year as an experiment, I am not going to make any resolutions or intentions, other than becoming as happy as possible in every moment.

Have you heard of the amygdala? It is a small almond shaped gland in the brain. It is located about an

inch inward from the temple of the forehead. You can Google the word amygdala and receive many websites regarding the amygdala and what it does. As with all subjects on the web, there are pros and cons. I choose to look at the pros, you know, see the donut and not the hole. I like the web site of Neil Slade, www.neilslade.com. His site shows diagrams and has lots of information that is easy to understand and not over my head.

From my understanding, it is a gland we can actually affect by our thinking. Pretend you have a long white feather in each hand and are tickling the gland inside your temple area.

The idea is to click the amygdala forward into the frontal brain where the joy and happiness reside. When humans are into fear and negativity, the amygdala is clicked backward toward the primal brain at the base of the skull and the fear emotions are in charge.

With all of the hoopla about how "bad it is" in the world, our amygdalas are clicked backward and we are suffering with the thoughts of fear and lack. We can counter this by intentionally clicking our amygdalas

forward. It sounds a bit odd, but it is worth the effort once we get the hang of it. It is truly easy and fun. We are so much more powerful and have so much more ability to decide our emotional states than we think.

This little exercise is amazing and so helpful in maintaining a positive outlook on life. The joy that we can create within our own being will radiate outward to others and to our experiences in our personal lives. We are vibrational beings and attract our experiences that match our vibrational output. Vibrate joy and happiness and have experiences of joy and happiness. What a concept.

The more we intentionally decide to become happy people in a very unpredictable area, the more our experiences will reflect that happiness and joy.

If you are like me and a bit tired of making resolutions that just don't seem to manifest in the results you want, try this little experiment in achieving a happier disposition and attitude toward life. The amygdala is powerful and you can direct it and achieve the joy state of living without the fear of what "is" or "might" be.

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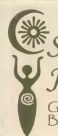
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Hormone Therapy – Is It Risky For You And Me?

Let us take a moment and reflect on what we know and practice making informed choices about hormone therapy that takes into account your unique body, situation and risk factors.

The Women's Health Initiative (WHI) is the largest randomized controlled trial of postmenopausal women using hormone replacement therapy. This trial was stopped in 2002 because of the increased risk of breast cancer, heart attack, stroke and blood clots. This study, albeit the largest, used one form of estrogen, Premarin, conjugated estrogen alone or with Provera, a synthetic progestin (medroxyprogesterone acetate MPA).

The only route of administration was oral. Additionally the women involved in this study were generally 10 years post menopause. What does this mean? There are other forms and routes of administration of hormones including bio-identical hormones and routes including transdermal and sublingual.

Premarin is an estrogen that comes from the urine of pregnant mares. These estrogens are different from those found in women and the metabolites are stronger and more active.

Some highlights from the Women's Health Initiative, as presented by the National Association of Menopause Specialists, 2008, include the following.

The primary use of Estrogen is for vasomotor symptoms, i.e. hot flashes, night sweats, irritability and poor sleep which are often the consequences. Hormone therapy (HT) reduces osteoporotic fractures and there are some

estrogen containing products that have regulatory approval for treating osteoporosis, when other therapies are not appropriate for the woman or cause side effects. Both the Women's Health Initiative and observational studies show that younger women,

i.e. within the first 10 years post menopause have had a reduced risk of coronary heart disease. Women who initiate hormone therapy more than 10 years beyond menopause are at increased risk of coronary heart disease.

The most recent analysis of the WHI study showed that women aged 50-59 had no significant increase in risk of stroke. There are inconsistent results in other studies. Hormone therapy is not recommended for the primary or secondary prevention of stroke. WHI suggests an increase in venous thromboembolism (VTE) with oral hormone therapy. The risk appears during the first couple of years after HT initiation and then decreases over time. There are some observational studies showing that transdermal HT confers a lower risk of VTE. It may be that the initiation of HT in early post menopause reduces the risk of coronary heart disease.

What about breast cancer? According to the Women's Health Initiative, the diagnosis of breast cancer increases with estrogen progestin therapy beyond five years. Women in the estrogen therapy arm of the WHI demonstrated no increase risk of breast cancer after 7.1 years of use. The French Cohort Study suggests that progestin may be less harmful than progestins in breast cancer risk. Estrogen progestin therapy and to a lesser extent estrogen therapy increase

All's Well
Health for Body, Mind, Spirit

by Moira Fitzpatrick, PhD, ND

breast cell proliferation and mammographic density.

The recommendation of NAMS is the initiation of HT around the time of menopause to treat menopause related symptoms. The lowest effective dose of estrogen should be prescribed that is consistent with the goals of treatment, benefits and risks for the individual patient. A progestin is recommended to counter the adverse effects of estrogen on the uterus. Local estrogen is recommended when treating vaginal symptoms.

What are bio-identical hormones? Bio-identical hormones are an exact replica of the hormones found in the human body. The way in which bio-identical hormones are made can be either through a pharmaceutical company or compounded according to a prescription for each woman. When a bio-identical hormone is produced by a pharmaceutical company there are fillers, binders, adhesives and preservatives added. Additionally the dosing is fixed.

These prescriptions are generally covered by your insurance and estrogen includes such names as Estrace, Vivelle, Estrigel, Evamist and progestone includes Prometrium and Prochieve to name a few. A compounded formula is plant derived from soybeans or Mexican Wild Yam. Certain compounds from these plants are made into hormones in the lab. The advantage of compounding hormones is that the dose can be individualized and can be titrated up or down according to the unique needs of each woman. Hormone names commonly heard are forms of estrogen to include Estradiol, Estrone, Estradiol, Progesterone. There are also forms of testosterone that are available to women.

Reflecting on the information available I would recommend that each woman with menopausal symptoms have a discussion with her health care practitioner and make a decision based upon your symptoms, age, family history and cause of menopause, essentially make an informed decision weighing the risks

and benefits. A complete physical exam and mammogram is recommended.

Additionally, discuss the various routes of administration to determine what is best for you. I would recommend bio-identical hormones as they are in harmony with your body. In light of the research, transdermal estrogen and oral progestone seem to be the safest option. In addition to systemic forms of hormone therapy, local estrogen is an effective treatment for vaginal dryness, dyspareunia and atrophic vaginitis. Local estrogen comes in the form of estril cream or suppositories as well as vaginal estradiol, Estring, Femring, Vagifem, etc.

Whenever a woman has an intact uterus, she needs to be on progestone to protect against endometrial cancer. Oral progestone is required for endometrial protection. Clinically, I have seen hormonal therapy stabilize mood by decreasing liability, irritability, depression and improve sleep. It is my opinion that generally bio-identical hormone therapy is safe for women within the first 5-10 years post menopause. This hormonal support is available as we find our own inner balance and step into being the empowered wise woman.

The NAMS position paper is available at www.nams.org

Dr. Fitzpatrick will be presenting "The Seasons of a Woman's Life" at PCC Redmond, March 2 at 7 p.m.; PCC Edmonds, April 8 at 7 p.m.; plus Marlene's Market, Tacoma, March 17 at 7 p.m.; Marlene's, Federal Way, April 23 at 7 p.m. She can be contacted at 206) 525-5576 or at drfifz@comcast.net. www.theheraldcenter.net.

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Stay Connected To Spirit During a Crisis

by Jennifer Martin

"You look like a mess!" My best friend was right. She hadn't seen me like this before. I hadn't eaten much in days and I wasn't sleeping. It was May 20, 2005 and due to a series of unforeseen events, I had found out a week earlier that I was going to lose my home and life savings.

As we talked I realized that I so wanted to believe that my spirituality could help me rise above this. My reality was much different though, and I wasn't at all feeling connected to source energy. Instead, I was in touch with the very real sensation of my heart racing day and night, along with my body buzzing with nervous energy as if I was attached to an IV drip of straight caffeine. Being the doer that I prided myself on, I took every action I could think of to try to turn the situation around. I had to make it happen myself, or so I thought.

After talking with my friend I tried even harder to come up with some resolution to my situation but after a couple of weeks it became very clear that all of my efforts were not helping.

"Where are you God?" I cried out in utter exhaustion as I took a walk in the forest one day.

"Do you believe in God?"

I spun around to see who was talking to me. There was no one around. I initially thought I was losing my mind but a second later I had the realization that it was my higher self. But even so, the question confused me because I had always lived a spiritually centered life.

"Are you acting like you believe?"

I was frozen in place when I heard spirit asking me this question. This was a major

Transforming Your Self-Talk

1. Just observe. When you sense the anxiety or fear within you, write down the content of your thoughts. Do this for three days. You will begin to realize that what you are telling yourself about the situation (your self-talk) is affecting how you feel.

2. Ask for the positive intent. On a new sheet of paper write at the top "my self-talk has a positive intention for me and it is..." Finish this sentence, writing as fast as possible whatever comes to mind. Continue until the process feels complete. Look back at what you wrote. In one word sum up the positive purpose. An example of a positive purpose for fear is protection. This fearful voice within you may be cautioning you because it is attempting to protect you from something.

3. Send love. Close your eyes and acknowledge the part of you that is fearful and thank it. Tell it that you also want protection (or whatever positive intention it has for you). Send this part of you love and acceptance. As you practice this step you will feel a greater sense of self-love; you are no longer needing to repress the "unspiritual" parts of yourself but welcoming them and loving them.

light bulb moment for me. It really brought me to the awareness of how much fear I was living with.

"What do you want to feel?"

This last question followed quickly after the second one and gave me the insight as to what I needed to do: focus on how I want to feel, not on fearing the worst.

If this whole situation was resolved what I wanted to feel more than anything was security. I admit it, even though I always considered myself a spiritual person, I was feeling a real sense of loss about my security when it came to losing my savings and my home. I knew from this guidance that I needed to experience feeling secure before I could expect anything to happen in the spiritual realm.

But how was I going to shift from feeling

afraid to feeling secure? As soon as I asked that question I had the answer: "work with your self-talk in the ways you already know to do." I realized that my training in NLP was going to help me re-connect to source energy.

The process highlighted in the box above was given to me and all I can say is that it worked. Once I kept practicing it, my feelings of fear dissipated. Over time I was able to take the whole day without fear (which was about three weeks into this process).

When I first learned of my financial crisis I was feeling cut off from source

Continued on page 8



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Puppy Mills: A Situation Out of Balance

If you live anywhere in our local, greater Seattle area, unless you have been hiding under a rock for some reason, you have certainly heard about the puppy mill busts that have taken place recently in our state. I think it is fair to say that most of us were incredibly shocked to find out about what has been going on here, right under our noses. And, unfortunately, our local situation is only the tip of the iceberg. This is such a blatant example of cruelty and abuse of animals, based in greed that I feel compelled to chime in on this subject. Before I begin, for those of

you who are unaware, let me share the important details.

This apparently was a family-run operation involving three properties in two different counties in Washington State. All three properties were raided, almost 600 dogs were confiscated/rescued and the responsible humans are being charged with multiple counts of animal cruelty and abuse.

The description of the conditions these dogs were living in are typical of what we know about puppy mills and would make most anyone heart sick; some dogs found dead, multiple dogs living in

cramped, small cages in their own feces and urine and many without food or water and starving to death with serious health problems. And, if that weren't enough, about 500 of these dogs are pregnant and due to deliver in a month or so. Do the math, with most of these dogs each giving birth to at least two or three pups, probably more, the numbers are staggering. If these busts had not taken place, can you even imagine what horrific living conditions these puppies would have been born into?

As a result of the busts the county shelters as well

as non-profit rescues are swamped by all of these dogs. Their care, housing and feeding is a huge undertaking and that does not even take into consideration that they all need grooming, veterinary care, spaying or neutering and behavior management. Then there are all the puppies that are coming soon.

One of our local television news personalities had an on air editorial this week and he was brave enough to talk about what most would not dare to even think of. He said we need to really look at the



Our Animal Friends

by Martha Norwalk

overwhelming numbers here and maybe we cannot save them all. Maybe, he said, we need to euthanize a lot of them. YIKES, what if he is right? Is this the price we have to pay for letting this puppy mill crisis get so out of balance?

Maybe it is, I don't know. I do know that as overwhelming as our local situation is, it is only the tip of the iceberg. There are many many more and even larger puppy mill operations going on all over this country, especially in the Midwest. I also know that we need to do something to change this and I believe most of us want to do something.

But, what do we do? Well, I can think of several things we can do. On the larger scale, we can pay better at-

tention. We can insist that the governmental agencies responsible for inspecting and licensing these places, like the USDA, do their job. We need honest inspectors, doing regular and detailed inspections. Then they need to follow through and shut these operations down. Unfortunately many of these puppy mills operate under the radar and are not licensed and therefore, not inspected. I believe this was the case with these recently busted local operations.

We could also support the national animal rights organizations that are working hard to expose these kennels and dealers. Last Chance for Animals, headed by Chris DeRose, former actor turned

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Stay Connected with Spirit During a Crisis

Continued from Page 7

energy. I had been listening to the voice inside my head that said I was doomed.

We all have a running commentary that goes on in our heads whether we are aware of it or not. Tuning in to the "inner critic" and realizing that these thoughts affect how we feel is a powerful exercise. It is then liberating to realize that we don't need

to fight the "critic" because it always has a positive intention for us. This process is truly about self-love. By listening and accepting this part of us we can then open up to the higher thought forms that come directly from source. Once we are connecting directly to source energy we can move beyond our crisis and consciously create our desires.

This is exactly how it

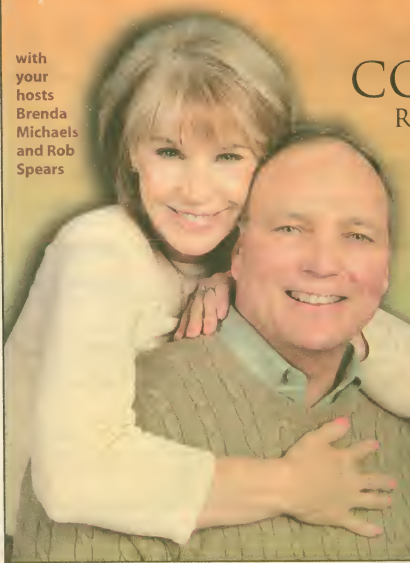
happened for me. Once I reconnected to source my financial situation was resolved in a way that I could never have made happen on my own. I love my new home and I am so grateful for the renewed financial prosperity that I experience now. All of us can have the experience of living through a crisis while also feeling connected to source energy. Transforming your self-talk is one simple

method to make that real for you.

In 1988 Jennifer received her certification in Neuro-Linguistic Programming from Dr. John Grinder (co-founder of NLP). She has worked with clients in a variety of settings and is available for private consultations and workshops through her website: www.jennifermartin.com. 206-724-6767.

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Puppy Mills

Continued from Page 8

animal activist, comes to mind.

Their undercover work resulted in the shutting down of the second largest class B dealer in the country. Their undercover film and work was made into a movie "Dealing Dogs" and it was nominated for an Emmy.

Currently, the Humane Society of the United States has a campaign going to get Petland, the largest retail supplier of puppy mills, to stop selling puppies. So far their efforts have been unsuccessful but Petland is a national chain, so if enough people get involved and withdraw their support of these stores, eventually they will have to listen and comply.

I want to note here that I am not always supportive of these huge animal rights groups. I often do not agree with their philosophies and how they do their business. I think they sometimes are too extreme and want to throw the babies out with the bath water. Sometimes, in anger, they resort to methods that make them worse than those they are accusing. That being said, however, when it comes to shutting down puppy mills, dog dealers and pet stores that sell puppies, I am totally on board. And, I think I know the best and fastest way to stop all of them.

(Continued next month).

Martha Norwalk is an animal behavior therapist



These Boston terriers at the Animal Shelter in Everett were just two of the hundreds of dogs rounded up from recent puppy mill operations in Washington State.

Photo courtesy of Dan Armstrong

and host of Martha Norwalk's *Animal World*, Sunday mornings, from 9 a.m. to noon on *Alternative Talk AM 1150*. She can be reached at *Martha's Canine, Feline and All Creature Counseling*, (206) 525-2016 or www.marthanorwalk.com.

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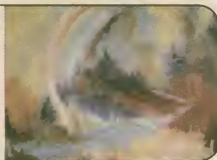
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Embracing The Fairy Realms

Continued from Page 1

Shannon. It's easy to get out of "want that fabulous" but harder to get out of a dark spiral. Just remember when there is true heart bling the nasty stuff cannot touch you. People claim they don't have time for pleasure but they can claim pleasure in whatever they do. Fairies remind us that there are simple

pleasures and that anything that touches you is huge, like one little flower behind your ear.

It's those little things that raise your vibration. How you see fairies is a combination of getting your vibration up and them liking you. Sing to them not just with your voice but with your spirit and your heart. And don't go to places that make you feel apprehen-

sive. Fear can be your friend unless you let it rule your life. People want an authoritative view on how to do it and the thing is it's taking your own authority. The authority is the heart and it is the imagination. It's hard to be yourself and that is why so many people give up, but the secret is simple: just be real, just be you.

To find out more about Shannon's Method and her work with the Fairy Realm go to www.circlegreen.org.

Judith Campanaro is an art therapist who can be reached through her website www.judithcampanaro.com.



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The Art of Mindfulness

In our daily life it is easy to fall into routines that allow us to function on automatic pilot. Whether it is waking up to a blaring alarm at 6 a.m., stumbling to the shower, scarfing down breakfast and racing out the door to catch a bus or some variation on that theme, many people develop a fixed sequence of steps to move them from point A to point C.

Routines can streamline life and help you avoid getting immersed in endless decisions. But, they can also cause tunnel vision. Instead of seeing the world anew every day, each week

turns into a series of cookie-cutter days, each one identical to the day before.

The art of mindfulness is about waking up from this sameness. In his book, *A Mindful Brain*, Daniel Siegel, co-director of the UCLA Mindful Awareness Center, describes mindfulness as "being sensitive to novelty in our everyday experiences." For example, if I drive to work by rote, I can arrive at the office with no recollection of the scenery along the way. Fixing my focus on leaving the house and arriving to work on time turns my commute into a boring, tedious event.

However, by remaining mindful while I drive, I might notice birds as they migrate back to the Pacific Northwest from their winter stays in warmer climates, observe the waters in Puget Sound changing from steel grey to sea green in accordance with the weather or become aware of storefronts transitioning from one type of business to another. Looking at each



Everyday Spirituality

by Colleen Foye Bollen

day anew, I could find joy in the process of getting to work, instead of seeing my commute as deadly repetitive.

According to Siegel, mindfulness also involves being aware of the mind itself. He says, "...by reflecting on the mind we are enabled to make choices and thus change becomes possible." He later adds, "How we focus attention leads directly shape our minds."

For me this means that in addition to paying attention to my surroundings, I need to pay attention to my thinking. There is a similar idea espoused in New Thought books: "Energy flows where attention goes."

From past experience, I know that I can change my mood by changing my thinking. When I recall an old argument or mentally list things I dislike, my focus shifts to the negative side of life. This line of thinking makes me feel tired and unhappy. Once I start down this slippery slope it is easy to crash headlong into despair.

On the other hand, when I remember an uplifting conversation or make a list of all the things I am grateful for, I feel invigorated and happy. An upbeat attitude makes it easier to be productive and to strive for what I want. Both the negative and positive lists have validity. But where I put my attention determines how I feel about life and myself.

Being mindful of our surroundings and the chatter in our minds can become more difficult when we are facing stressful situations. Whether it is the death of a loved one,

Mindful Awareness Research Center mindfulness is a skill that can be developed through mind-body practices, such as qigong, meditation, tai chi and yoga, or cultivated art, music, writing and walking in nature.

One simple technique you can use to start your exploration of mindfulness is focusing on your breathing. Breathe in through your nose and notice how cool the air is as it enters your nostrils. Hold it for a second, then notice the air is warmer as you exhale through your nose.

As you breathe, notice your thoughts. When an idea floats through your mind that causes an emotional response, simply label it by saying I am feeling angry, anxious, or whatever emotion the thought elicits. Then, instead of dwelling on that thought, release it. Research studies at UCLA have shown that simply labeling emotions diminishes the brain's response to negative thoughts.

Another benefit of mindful

Continued on Page 11

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by Starfeather

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Art of Mindfulness

Continued from Page 10

thinking is that you create a space between yourself and what you are thinking. This awareness helps in two ways. First, you realize you are not your thoughts. Second, you begin to understand that just because a thought passes through your mind, that does not mean it is true.

Daniel Siegel uses the acronym COAL to remind us to cultivate mindfulness by living our lives with curiosity, openness, acceptance and love. He says the act of mindfulness enhances healing and immune responses, reduces stress and improves our general sense of physical well-being.

Just think, by rejecting a life lived on autopilot, we can claim each precious day as the miracle it is and simultaneously improve our physical and mental health. Does that promise give you the incentive to explore mindfulness? Join an online conversation with other readers on this column's blog: <http://flowingstillness.blogspot.com>.

Colleen Foye Bolken is a Jin Shin Jyutsu practitioner, an acupuncture technique so gentle people often slip into a meditative state during treatments. Yet, it is so powerful hospital monitors register physical changes that occur during the sessions. For an appointment or additional information visit www.floatingstillness.com or call (206) 367-0491. On March 11, Colleen teaches *The Art of Jin Shin Jyutsu* at the University of Washington Women's center. See www.depts.washington.edu/womenctrfor for details.

Rising Above Fear in This Time of Global Recession

by Jack Elias

Some tips and insights to overcome fearful thoughts and emotional states that cause you to contract from others and form your own sense of resourcefulness and joy:

1. **Leap.** Liberation and empowerment always come dressed in paradox. If you find yourself contracting and holding back and holding on, don't spend time stewing. Just give. Give your money, give your time, give your attention to others (especially outside your family). Disregard the fearful or objecting thoughts of lack and limitation and just do it.

2. **Make giving a regular part of your life, daily or weekly is best.** Fight for cheerfulness, dismiss shyness or moodiness and practice friendliness. No effort at kindness is too small.

3. **Master your (fearful) mind.** This is easier to do when you understand in a vivid, on-the-spot way, the difference between imagination, and perception, and the nature of causality.

Perception doesn't cause anything. It is just raw data. For

example, receiving a pink slip, or perceiving the imagination that you are about to, doesn't cause anything. In other words, Fear isn't caused by perception of an outer event or an inner event (thoughts and imaginations). Fear is caused when you move from perception to imagination of consequence.

(thinking things will only get worse) to conviction that you can't handle the consequence and nothing good can come of it. That "move from" moment is the on-the-spot moment of choice.

Instead of choosing fearful thinking and imagining, you have a choice to move from perception to imagining yourself to be someone you value, and will stand by, and encourage in the process of imagining constructive actions you can take to deal with the perceived event. No put downs, including complaining, which is

a disguised put down. How is complaining a put down? In order to complain, you first have to judge yourself not good enough or smart enough to handle the challenge.

It may not seem to you that it is just as easy to imagine positive consequences as negative ones, but that is just a function of habit. You can practice imagining positive constructive outcomes and you can practice brainstorming the means to accomplish them.

Inspiration to create this new

habit of constructive imagining and brainstorming increases easily when you realize that fearful thinking, and its resulting contracted mental and emotional states, are never required (according to the law of causality) and they never help.

It is always a mistake to choose to give in to fearful thinking. If you take some time to focus on this fact that you will readily arouse your aggressive energy to reject fearful thinking and replace it with creative thinking.

Here is an example of how one person chose to trust the paradoxical nature of liberation and empowerment. Many years ago a very successful man shared what he said was his primary secret to success. He said simply, "Whatever direction fear told me to go in, I went in the opposite direction. That made all the difference."

May we all prosper with enhanced compassion and wisdom. Let's make a difference together. Good luck.

Jack Elias can be reached through his website www.FindingTrueMagic.com.



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The Hidden Gift of Otherness –

What you like least in others could be your best ally

by Miriam Dyak

"I have a little shadow that goes in and out with me, And what can be the use of him is more than I can see."

I remember that little rhyme by Robert Louis Stevenson from a children's anthology of poems my parents gave me in second grade. Most of us feel that way about our shadows: what's the use of it? We're uneasy about something shadowy following us in and out everywhere we go. Stevenson, who wrote *The Strange Case of Dr. Jekyll and Mr. Hyde*, certainly knew more than most people about the shadow side of human beings and how it can be our undoing. I'd like to tell you about how your shadow – what you disown or judge harshly in yourself or others – can not only be useful, it can be your saving grace.

That saving grace comes at the end of the story, though. The story usually begins with pretending I'm all sunshine.

All those "dark" qualities belong to someone else. "Not my shadow!" I protest. "I'm supportive and compassionate, open and accepting. It's not my fault that I keep running into selfish, controlling, judgmental people!"

"I know what you mean," says my best friend. "My boss is hypocritical, downright mean. But me? I've really never had a mean bone in my body. I always try to listen and have loving intentions, so why do I attract a boss like this into my life?"

If you listened only to our conversation, we'd win you over in no time. Who would want to be on the side of selfishness or meanness? Funny thing, though, somewhere else my friend's boss is complaining to his friend, "You wouldn't believe this bird brain we've got working for us; very sweet, listens to everything I say, and then doesn't do anything about it!"

No one would argue for having only good and getting rid of night, but that does seem to be what we do when

faced with personalities that are opposite to our own. Each side can make such a good case for what they value and what they condemn; it's clear one person's darkness is another person's light. Maybe, just maybe, we actually need both.

To my very sensitive friend the kind of focus and analytical ability needed to move forward in business feels hypocritical and even mean. But, she needs some of that clear strong focus in order to be able to take effective action. And, it almost goes without saying that her boss could really use a dose of her sensitivity. In a very real sense they are God's gift to each other, each one carrying the quality the other most needs. The challenge is how do they each recognize and receive the gift the other person is bringing; especially when it comes wrapped in such an unpleasant package? Here's a simple clue for recognizing hidden gifts. If somebody really pushes your buttons, if they irritate

the heck out of you and you have lots of judgments about their behavior and attitude, then you've hit the jackpot of self-discovery. There's pretty much a guaranteed gift underneath what feels like so much negativity.

How can I get to that gift? I could start by assuming that the other person's behavior makes sense to them. In fact, (using the example about me) they probably don't see themselves as selfish or controlling or judgmental, and it's quite likely they don't perceive me as a paragon of compassion and acceptance either.

I could be curious. How does this other person see themselves? What is it they are trying to accomplish? Could it be that what seems selfish to me is really more self-care and solid boundaries? Perhaps I've been so prejudiced in the direction of openness and acceptance, that I can't recognize the need to set limits. Instead I just judge it as too controlling.

I wonder how this other person sees me? Do I seem hopelessly new age to them? Am I so compassionate that I appear glib and naive? What is it that person does? What is it that person does

always determined to be open and accepting? Well, I probably lose some necessary control in my own life and don't exercise the best judgment.

It's hard to accept differences. We all want others to be just like us, but somehow we always end up having to deal with our opposites. Once I get past my initial judgment and start to be curious about the other person, then I can discover the gift in their way of being. I can start to see through the shadow and find the source of the light that is shining on me and causing me to cast a shadow. It's always something I'm missing, something I need to make me whole.

Obviously I wouldn't want to go overboard and become really judgmental. I wouldn't want to start ignoring other's needs and only take care of myself. But, wouldn't I be more in balance if I had a little more of this other person's energy? Wouldn't a little more discernment, self-care, and boundaries be a real gift for me? You bet it would.

Think about it. Who's really been bugging you lately? What is it that person does

that makes you so crazy? Are they arrogant? Pushy? Don't listen? And what about you? Do you tend to go overboard in the other direction? Do you tend to get walked all over? If so, could you use just a drop of their "arrogance" and being "pushy"? No, I don't mean that you would actually ever be arrogant, never. But could a drop, just a drop, of their energy give you a bit more self-assurance, maybe a tad more assertiveness when you need it most? Try it out. Maybe that shadow really is useful after all.

Miriam Dyak is a counselor and teacher and co-founder of The Voice Dialogue Institute, www.voiceinstitute.org. The institute will offer "Deepening Connections" March 14-15, a relationship weekend focused on finding the gold in negative judgments and learning energy tools to increase presence and connection in your life. "The Benefit of People Who Bug You" by Jaime on a Pan-ga is a great book to read more about the ideas in this article.

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Spiritual Discernment: How to Choose Wisely in Challenging Times

by Rev. Elke Siller Macartney

(I was prompted to write the following essay because of an event I recently witnessed involving a so-called shaman convincing an audience of his spiritual prowess and the healing power of an object he was selling. In other words, I witnessed a spiritual and commercial card-art in action. I hope the following is useful information for you as you make your way on the path.)

It's clear: We are all involved in times when everything is changing. We communicate in ways never before available to us. We blog, instant message, "Twitter," text, YouTube and chat. In our medical and healing sciences, new discoveries are made every day, and the array of choices are astounding. And then we have our spiritual paths: There are spiritual teachers, books, communities and events that can inform, serve, and inspire us. As well though, there are people and groups who use fear tactics to take advantage of us. Among all the options to learn, grow and to heal, how do we choose wisely?

Of course I do not have all the answers to this, but I will share a few considerations as we all proceed to create our individual and collective future.

• Check in with yourself.

Note how you feel. If you're given options in healing modalities or teachings or investments of time, energy and money, check out your gut. I mean this most literally. What is it you are feeling in your tummy area, otherwise

known as your solar plexus chakra? Do you have a sinking feeling? Did your stomach lurch or was there a sensation of a "sock to the gut"? If there is even a minor reaction, pay attention and ask yourself, "Why? What is going on?" There is a reason to pay attention to your gut. In the realm of human events, wiser men and women have paid attention to their initial instinct. I understand how this may sound simplistic and it is. But I cannot count the number of times when my initial "huh" was the correct one.

Note the beliefs you are operating from. Sometimes our beliefs assist us in our choices, often times they fall short. A healthy dose of belief checking once in awhile allows us to re-consider our options from a place of neutrality and wisdom, rather than stale or no longer useful beliefs.

Trust yourself. Too often I've made choices that have gone sideways because I did not trust myself to make the correct choice for me. My choice may not be your choice. My choice may not be status quo. Others might even deride me for my choices. Yet in the realm of a free-will planet, all our choices ultimately come down to this: Whom do you trust?

• Check out the source.

From whom is this opportunity/choice/healing coming from? If it's an individual person acting as a teacher or healer or source of choices, here are some considerations: Are the options coming from a reliable source? Obviously, if this is a known entity

"Note the beliefs you are operating from. Sometimes our beliefs assist us in our choices, often times they fall short. A healthy dose of belief-checking once in awhile allows us to re-consider our options from a place of neutrality and wisdom, rather than stale or no longer useful beliefs."

to yourself or others you trust, then you can proceed with some confidence. Check in with your gut anyway.

Does the person use his/her power to empower or to have power over? This is a subjective call. Some assertive people have our best interests in mind, but even so, the need to have power over others is often a dangerous need. Dictators, cult leaders and false practitioners offer up what might seem as solid solutions to your current situation. We like "take-charge" people. But is the take-charge attitude turning into a "takeover"?

Beware of judgmental statements. I have known so-called healers tell their clients, "If you don't do what I tell you to do, you are going to die/get sick/regret." This has serious consequences. The power of suggestion can never be underestimated. A true teacher/healer/advisor gives you information, and then

empowers you to come to your own conclusions, your own choices. You do not have to be intimidated to make a choice.

Listen to their words, and also listen to what is NOT being said. If the words do not make sense, or there seems to be missing information, ask questions. If their answers are not satisfactory to you, walk away and re-consider.

• Check out the teachings or choices as you put them into practice.

How do you feel? Emboldened? Less fearful? Healthier, or at least getting well? In other words, is it working for you? If not, why? Example: A few years ago, a client of mine came to me for counsel after two years of trying "holistic healing techniques" in order to cure her kidney tumor. By the time she arrived in my office, the tumor had grown to such an extent, it had created a protruding belly on her slender frame. She looked seven months pregnant. As she explained her two-year regimen involving a strict diet, Oriental medicine treatments, as well as seeing a renowned healer, she was understandably discouraged. I asked her what turned out to be an important question: "Is what you are doing working?"

At first she was stunned by the question and murmured something about wanting to be holistic and so forth. I gently suggested she answer the question with a simple yes or no. After she admitted, "No, it isn't working," we discussed other options, including surgery.

Continued on page 14

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Boxing The Inner Terrain

Continued from Page 16

different and virulent trauma. Next we assess the pre-mystical and working with this, we can facilitate the unwinding of the harmful bundle. The unwinding at this deep level is facilitated by the practitioner. The unwinding facilitates a re-establishment of the proper flow of energy and harmony within the mind, body and spirit.

It is optimal to work with a practitioner who has ascended places in such a manner. As the unwinding begins, the pathogenic factor may twist and turn in many unexpected ways and the practitioner must follow and be certain of a complete unwinding. You, however, might consider delving within yourself to find the inner terrain.

Finding The Inner Terrain

- * Sit quietly with your breath or another technique (biging, meditation, cranial-sacral) to develop a deep repose.
- * Open yourself to the core of you. Sink your consciousness deep into your body along the spine.
- * Allow yourself to literally "fall" into yourself, below the core spirit.
- * Be attentive and observe. If an issue is to be addressed, watch for anything in this ter-

rain that peaks your interest.

- * Box the terrain; look in all directions.
- * Carefully write down all that you observe. This could be colors, shapes, a whole scene or even an epiphany. Watch in which direction you saw these images.
- * Breathe your spirit back into your body. Feel your breath throughout your body.
- * Still yourself and return to the room.

As you get comfortable with this work, you may begin to observe what deeply moves you in elemental ways. You have accessed the inner terrain. If you regularly work with this simple protocol, you may deepen your understanding of you, your perceived limitations and how to unwind those things that hamper you in your life.

Robert has been engaged in the healing arts since 1973. In following his First Nation (Ojibwa/Huron) roots, he was trained by the elders in the Yukon Territories and Northern Alberta. Robert is available for private healing sessions at his office in Ballard. He will be hosting several classes in early 2009, including an on-going mentorship group. He can be reached at (425) 308-7270 or rlhester2@gmail.com for more information. Visit his website www.worblester.com for updates.

Spiritual Discernment

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The realization was this: If one is wanting to treat a situation "holistically," then one will examine all options available. The word holistic means just what it suggests: Considering the whole of human experience, mind, body, emotions, spirit. She eventually chose surgery as a treatment option, and we made sure steps were taken to view this as a sacred event rather than a last-ditch option. She is now a healthy woman.

Lesson: Whatever you are involved in, occasionally ask, "Is it working?"

I wonder how many crises could have been averted if we

as individuals or as a culture or as a planetary people had asked that crucial question: "Is it working?" Perhaps it is time to ask that question. Perhaps it is time to re-consider our path. Perhaps it is time to check in with our intuition. Perhaps it is time to re-choose.

Rev. Elke Siller Macartney has been a spiritual teacher and counselor for 30 years. People from around the world travel to small town LaConner for inspiring aura portraits, and her compassionate and accurate spiritual guidance. Webpage: www.inspirations.com and www.inspirations.com/blog



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Article Deadline: The first Friday of the month
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On The Bookshelf

Book and Media Reviews by Krysta Gibson

Movies

Ambition to Meaning Finding Your Life's Purpose

Starring Dr. Wayne Dyer
Hay House

Fans of Wayne Dyer will love this video set in the deluxe edition. People who don't know the work of Wayne Dyer will find this a fabulous introduction to him. The film uses a combination of story telling and teaching to give us an inspirational experience.

Using the stories of an overachieving businessman, a mother of two trying to find her own way to express herself in the world, and the story of a director who wants to make a name for himself, we are treated to direct teaching that shows how to create a life of meaning and purpose. This is a terrific way to blend the entertainment of story telling with the focus of teaching.

The film is very well done and one is easily carried forward during the hours of the story. The bonus CD offers another three hours of interviews and extra scenes that sup-

port the messages of the movie.

Ambition to Meaning is sure to find a cherished place in your video collection and is one you will watch many times over while also sharing it with family and friends.

Living Temples Sacred Land

By Jan Nickman with Linda Hunt; music by David Lanz

Third Planet Productions

All I needed to see was that the music for the video was composed and performed by the combination of David Lanz, Gary Lanz, and Gary Stroustrous, and I knew I would love it. And I do!

The cinematography of Jan Nickman takes us through the sacred places of the American Southwest while the voice of Linda Hunt reminds us of the deeper meanings of our lives and nature. And through it all is the music of David Lanz and Gary Stroustrous, which was written specifically for the video. In fact the bonus material has them telling us how they made the video and combined the

music with the film.

This video allows us to make a deep connection with nature and with our own souls. Some are saying this video is a form of healing as it allows the soul of the viewer to make an inner connection with themselves as well as with the planet. I can easily see this video being shown in an assortment of waiting rooms, allowing the visitors to relax and connect before meeting with a physician, lawyer, accountant, counselor or other professional. You could also have it playing on your computer or television to create a supportive working or relaxing environment.

At the end of the movie is a moving dance performance in which it feels like the dancer's partner is the earth herself. It is absolutely brilliant and very moving. This is a video you will watch many times over.

Books

Emotional Freedom Liberate Yourself from Negative Emotions and Transform Your Life

By Judith Orloff, M.D.

Random House

Who doesn't want to be free of negative emotions? Yet, it seems we hang onto them and use them to beat ourselves and others up. Psychiatrist Judith Orloff offers a lifetime of learning in this very personal book. She shares her own stories and that of her clients which makes us aware that she knows what she is talking about.

She helps us understand the four components of our emotions and gives us a tool to find out where we are with our current state of emotional freedom. We are given tools to help us deal with the most prevalent difficult emotions and how to build more positive ones.

Imagine having better tools to deal with anger, jealousy, depression, worry, loneliness, frustration and fear. Wouldn't your life flow better? Wouldn't you be able to handle the ups and downs of life with a greater sense of confidence?

This book has the tools you need to do this and it is written in such a compassionate and useful manner that it makes it easy and inviting to tackle this huge challenge that our emotions can present to all of us.

The Laws of Manifestation

By David Spangler
Weiser Books

Originally written in 1975, this book is a collection of ideas and teachings that David Spangler shared with other residents of Pindhorn, Scotland. Pindhorn was an early

intentional community where the residents lived by applying the principles of attracting to themselves whatever they needed to promote wholeness and further growth.

David Spangler was one of the early residents there and the principles he teaches in this book were used to help grow the community. The book has been out of print for some time and we are fortunate to have it available once again.

These days we hear a lot about the law of attraction and it is frequently tied to making a lot of money, buying real estate, or otherwise improving our material lives. This book is based on the idea of working with the state of our consciousness so that we can express the selves we are here to manifest. Spangler calls it Gaian manifestation and it goes way beyond many of the ideas being taught today.

If you are looking for something with real substance that will support you in your spiritual quest within a material universe, you will want to grab a copy of this book. Read it several times as one will only get you started on this path. Subsequent readings will take you to the center of it.

Chakra Foods for Optimum Health

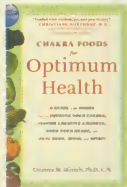
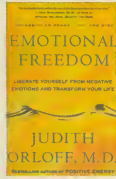
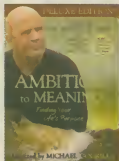
By Deanna M. Minich, Ph.D., C.N.
Conari Wellness

If you are looking for a source of great information about food, eating and your spiritual process, this is the one for you as it looks at both the nutritional and spiritual aspects of food and how it can heal us.

Deanna Minich is a local nutrition educator, researcher, and counselor and has offered her Nutrition for the Soul workshop series at medical clinics in the Northwest as well as at Evergreen State College and Bastyr University. The author talks about the energy signature that various foods have and she uses the chakra energy system as a guide in how to heal body, mind, and spirit through foods and eating. Specific affirmation and other practices are offered for each chakra as well as meal plans and recipes. This is a book to be read than it is one to be used as a workbook. Once the reader understands the system Deanna uses, one would apply the information for the various issues current in one's life.

There are lots of stories here which makes the information more user-friendly and there is a spirit of joy and play around this issue of being nourished that makes using the book a lot of fun.

The author says, "Three meals a day, 365 days a year, for an average life span of 76 years would mean that we have nearly 84,000 opportunities to have meaningful, healing interactions with food!" This book helps you to do just that!



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Robert Lester pilots his sailboat during a traditional Native American canoe journey.

Boxing the Inner Terrain

by Robert Lester

I am a navigator. I travel unusual terrain. I work with people, seek out troublesome issues, drop into the deeper inner terrain and work out a solution.

You might have wondered about the title. I use the term inner terrain to describe the regions within a person that are accessible when you calm your mind enough to listen to your spirit. Inner terrain is also accessed by a skilled practitioner when working with a

client. The word boxing describes the manner in which a practitioner works in these realms.

Inner Terrain

Inner terrain is an energetic/spiritual environment within each of us. Every person holds a different terrain signature. This signature is created by the effects of cellular legacy (hereditary), familial legacy trauma, life experience, or past life legacy (soul trauma). These various agents can be harbored in the inner terrain causing a variety of effects. In

deep healing work, it is the inner terrain that is accessed for the client. Through discovery, an internal map is developed and solutions to various problems constructed. Perpetual issues that interfere with the present are made conscious and changes are made. These changes can alter the condition permanently.

Boxing

"Boxing" is a term that has its origin in sailing vessels. In the square riggers, the steering compass would often be kept in a specially-made box. When a sailor was asked to "box the compass," he was being asked to watch in all directions; every aspect of the present location was to be observed.

Boxing the inner terrain is orienting oneself through all the points of the compass within one's signature terrain. What may we think of the four cardinal directions? From a traditional approach, we would be looking at: East: the aspect of feelings, visions and sense of personal power or the lack thereof

South: the aspect of consciousness, relationships and time

West: the aspect of clarity, reason or the lack of good thinking

North: the aspect of movement, caring and spirit

Therapeutic Point of View

My occupation is in healing work, so I investigate these realms usually from a therapeutic point of view. For your consideration, the site of cellular regeneration and DNA restructuring happens very deep in the cell structure. As strands of DNA are unwinding and then winding with new nucleotides, there is an energetic bonding that occurs. It is this energetic bond that more than just physical legacy is passed along.

The nucleotide energy bonding is subject to energetic intervention. This is the site where spiritual aspects, trauma, cellular legacies and past lives can affect the restructuring of the cellular makeup, attitudes and behaviors in the present. This is the interface of the spiritual and the physical in the now.

Pathogenic Factors

Pathogens are agents that can cause disease. In modern medicine these could be bacteria, virus or other noxious influences. In traditional medicine, many other influences are taken into consideration: excessive work, stress, life changes, spiritual attack, family legacies, belief structure, and past life effects. Due to the emerging thinking of people as holistic beings, much new investigation of ancient methods has taken place. Energetic healing, smudging, sacred plants, soul work and a variety of shamanic work have become popular and successful.

Pathogenic factors can lodge deep in the cell and in some cases at the energetic/spirit level. The energy is bunched up in a plexus around a pathogenic site and will continue to disrupt as long as it is embedded in the cell replication process. These energetic/physical sites are so close to the physical/spiritual border that we can call them pneumonia (Greek for soul or spirit) and cysts (hollow structure that develops abnormally). The pneumonia-cysts could also be named soul/spirit plexus.

We seek out the pneumonia-cysts when working in the inner terrain and work to unwind them. First we seek out the true roots of the pathogenic factor and we discover the effects on the individual. Sometimes the initial symptoms are only the outer layer of a much

Continued on Page 14

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